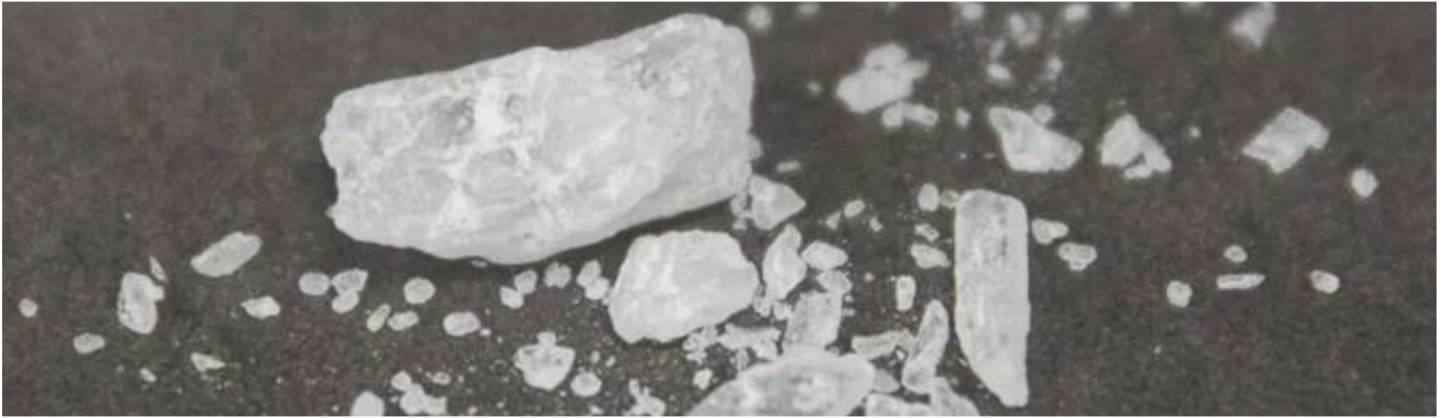


METHAMPHETAMINE

What You Need to Know About Arizona's #2 Drug Threat



KNOW THE FACTS

- Methamphetamine (meth) is a powerful, **highly addictive stimulant drug** that affects the central nervous system (brain and spinal cord). Meth rapidly releases high levels of dopamine in the brain, creating physical and psychological dependence and can lead to a substance use disorder.
- Methamphetamine, in its original form, is a pill or powder. Crystal meth resembles glass fragments or shiny blue-white "rocks" of various sizes.



Signs of regular (continuous) use:

- Violent behavior
 - Anxiety
 - Confusion
 - Insomnia
 - Psychotic features include paranoia*, aggression, visual and auditory hallucinations, mood disturbances, and delusions.
- *Such paranoia can result in homicidal or suicidal thoughts.**

Substance Abuse and Mental Health Administration (SAMHSA), 2024

SCAN THE QR CODE
FOR RESOURCES



ARIZONA
GOVERNOR'S OFFICE OF
YOUTH, FAITH & FAMILY

DATA TRENDS

- In 2021, approximately 32,537 people died from an overdose involving psychostimulants (primarily methamphetamine). ([cdc.gov](https://www.cdc.gov))
- In 2023, there were 4,051 verified non-fatal opioid overdoses in Arizona. Of those non-fatal overdoses, 1,353 involved methamphetamines. ([azdhs.gov](https://www.azdhs.gov))
- According to the 2024 Arizona Youth Survey (8th, 10th, and 12th grade), 209 youth reported lifetime methamphetamine use. ([azcjc.gov](https://www.azcjc.gov))

IF YOU OR SOMEONE YOU KNOW IS STRUGGLING OR IN CRISIS, HELP IS AVAILABLE.

CALL OR TEXT 988
SUICIDE & CRISIS LIFELINE